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|  | *Jurnal Tarbiyah,* 1(1) Bulan 2019ISSN2442-9198 (Print)ISSN2442-9996 (Online)  **JURNAL TARBIYAH**  ***Research and Learning in Comunication Study*** |  |
| *RELATIONSHIP ON ADDICTION TO ONLINE GAME WITH ADOLESCENT ASSERTIVE BEHAVIOR*  Elda1)  Prodi Studi Magister Ilmu Komunikasi  Universitas Muhammadiyah Sumatera Utara  Email: eldaayumi96@gmail.com | | |
| **Abstrak:** Tujuan dari penelitian ini adalah untuk mengetahui implikasi game online terhadap perilaku assertif remaja. Penelitian ini menggunakan metode deskriptif korelasional dengan menggunakan kuesioner untuk mendapatkan data yang dibutuhkan untuk penelitian ini. Purposive sampling digunakan dalam penelitian ini. Partisipan dipilih melalui purposive sampling dimana orang-orang yang dipilih untuk penelitian itu sendiri tidak diharapkan menjadi perwakilan populasi, tetapi mereka memiliki informasi yang diperlukan tentang masalah yang sedang diteliti. Perilaku asertif memainkan salah satu peran dalam munculnya perilaku kecanduan game online pada remaja. Jika remaja memiliki perilaku asertif yang baik maka remaja akan berinteraksi secara positif dengan orang lain, dengan mengkomunikasikan apa yang dirasakan orang lain dengan jujur, dan secara terbuka tanpa merugikan orang lain. Berdasarkan hasil perhitungan koefisien korelasi product moment diperoleh. Hal ini menunjukkan bahwa terdapat hubungan yang positif antar kedua variabel tersebut. Berdasarkan hasil pengujian tersebut dapat ditarik kesimpulan bahwa ada hubungan positif dan signifikan antara kecanduan game online dengan perilaku asertif. Dari perhitungan diatas dapat diketahui bahwa hipotesis yang diajukan peneliti diterima. Hubungan positif tersebut menunjukkan bahwa semakin tinggi kecanduan game online maka perilaku assertif pada Mahasiswa akan menurun.  Kata Kunci: Kecanduan Game Online, Perilaku Asertif, Remaja **Abstrak :** The purpose of this study was to determine the implications of online games for assertive behavior in adolescents. This study uses a descriptive correlational method using a questionnaire to get the data needed for this research. Purposive sampling is used in this study. Participants are chosen through purposive sampling where the people chosen for the research themselves are not expected to be representative of the population, but they have the necessary information about the problem being investigated. Assertive behavior plays a role in the emergence of online game addiction behavior in teens. If adolescents have good assertive behavior, adolescents will interact positively with others, by communicating what others feel honestly, and openly without harming others. Based on the calculation of the product moment correlation coefficient obtained. This shows that there is a positive relationship between the two variables. Based on the results of these tests it can be concluded that there is a positive and significant relationship between online game addiction with assertive behavior. From the above calculations it can be seen that the hypothesis proposed by the researcher is accepted. The positive relationship shows that the higher the online game addiction, the assertive behavior in students will decrease. Keywords: Online Game Addiction, Assertive Behavior, Teenagerswords; Between keywords  **How to Cite**:Pertama, N.P. Pertama, P. & Ketiga, P.(2017).Judul Hendaknya Ringkas dan Informatif Tidak Lebih dari 15 Kata dalam Bahasa Indonesia.*Jurnal ASPIKOM*. 4 (1): 1-10 | | |
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INTRODUCTION

#### The internet as a source of information plays an important role in developing one's thoughts and life experiences by creating productive work in schools, offices, and even at home. Today, this can be a person's most efficient strategic tool to enable him to take over and overcome rapidly developing technology.

#### The fact that people live in an informative lifestyle where everything is updated, the internet is becoming one of human needs regardless of age or sex in today's society. However, the effect of this beneficial machine on young people is no doubt questionable. All of this technology is very good at distracting people. In line with this development, online games were created to provide entertainment to people.

#### Online games are one of the recreational activities that are widely used by many people. For some people it is said that playing video games has a number of reasons to play, because it can be a stress reliever, challenge and competition, relaxation, enjoyment, social interaction, and even mentally escape from the real world.

#### For most people, online gaming is one of the best past times they have got specifically for teenagers, young people and students. According to Kuss & Griffiths (2012), teens who play online games are just having fun. They not only really play because of some sort of seriousness, but also because they just want to feel relieved. During school hours, students tend to feel stressed because a lot of school work and through playing it will relive their stress.

#### There is no denying that playing online games gives them something that cannot be given by anyone. According to some studies it is useful. This allows the mind of the players to be more active, especially puzzle-based games. In addition, this helps players to make decisions in tight situations, especially adventure games that keep players alert, active and strategic (Blinka, Škařupová, & Mitterova, 2016).

#### The formation of adolescent behavior occurs unexpectedly, but improper use of playing online games also leads to some problems such as being disturbed at school. Furthermore, that's where children's attention is divided that even their health and social life are unconsciously affected.

#### Several studies in psychology have found that the increase in time spent on the Internet can have a negative impact on a person's ability to communicate directly with friends, peers, family members including parents (Dumrique & Castillo, 2018).

#### Studies reveal that the human brain is easily destroyed and one reason is using technology. The education system tends to go with the flow with constant changes in society to get things relevant to the current generation.

#### Because of the increasing awareness that online game addiction is a legitimate problem, efforts to explain why and how people are so involved in this game have become important research problems. Some previous studies have suggested that individual psychological characteristics (including personality traits) can influence certain individuals to use the Internet excessively, and previous studies mainly examined the effects of shame, anxiety, loneliness, depression, and self-awareness on the level of Internet use. so far. However, little has been studied about the characteristics associated with populations at risk with dependence on online games, especially aggressive ones, which are one of the important subcategories of internet addiction. Therefore, in this study we try to explore the relationship between online game addiction and psychological characteristics such as aggression, self-control, and narcissistic personality traits.

#### Each of these factors is expected to influence or be influenced by one's playing activities. To choose these three factors, aggression was first identified as one factor because the evidence supporting the hypothesis that the game of violence is related to aggression has increased in many previous studies. Although the directionality of the two factors has not yet been identified, a study with Korean middle school students shows that students who report excessive use of the Internet are characterized by irritability, aggressiveness, and impulsivity. In addition, correlational results show that children who are more aggressive are attracted to violent games, rather than their aggression as a result of violent play activities. Second, narcissistic personality traits are considered important for understanding the online gaming addiction process. One of the consensus reached among online game addicts is that the main attractive feature of MMORPG is its system of goals and achievements. As you play, your character advances by gaining experience points, leveling up from one level to the next while collecting valuable items and weapons and becoming richer and stronger. In this social environment, extraordinary players receive recognition and attention from others and gain strength and status. Considering all this, the possibility that people with narcissistic qualities will use access to many of the relationships that are possible on the internet as a means to get an admirable audience is reasonable. Third, it was further found that game addiction among young people was related to their lack of self-control and discipline, and game addicts were weaker in controlling their emotions than the average internet user. In addition, several previous studies have shown that lack of self-control is related to various types of addictive behavior, including internet addiction (Başol & Rich, 2018).

#### The researchers felt it was necessary to determine the impact of online games on adolescent assertive behavior. The purpose of this study was to determine the implications of online games for assertive behavior in adolescents.

RESEARCH METHOD

#### This research uses descriptive correlational method by using a questionnaire to get the data needed for this research. Purposive sampling is used in this study. Participants are chosen through purposive sampling where the people chosen for the research themselves are not expected to be representative of the population, but they have the necessary information about the problem being studied.

#### **RESULTS AND DISCUSSION**

#### **Game Online Addiction**

#### Internet addiction consists of various types, for example online games, online chat, online gambling, online sex, online information, online shopping, or surfing the Internet for research. In addition, news published around the world and digital game records in the Guinness Records Book shows that gaming addiction, specifically digital gaming addiction, has been the subject of much news. All of this news shows that online gaming addiction is a rapidly increasing problem. Although many studies have reported on the dangers of excessive internet use and digital gaming addiction, as far as we know, there is no scale to identify the consequences of playing digital games.

#### A number of studies have examined the role of personality factors, comorbidity, and biological factors, and their relationship to online gaming addiction. With regard to personality traits, game addiction has been shown to be related to neuroticism, aggression and hostility, avoidance and schizoid interpersonal tendencies, loneliness and introversion, social inhibition, boredom tendencies, sensation seeking, sensation reduction, reduced conformity, reduced self-control and reduced narcissistic personality. traits, low self-esteem, state and anxiety traits, and low emotional intelligence (Griffiths et al., 2012).

#### Given the relatively high frequency of personality, comorbidity, and biological factors that occur, it is difficult to assess the etiological significance of these associations with online gaming addiction because they may not be unique to the disorder and more research is needed. Research also shows that online game addiction is linked to various comorbid disorders. These include attention deficit hyperactivity disorder, symptoms of generalized anxiety disorder, panic disorder, depression, social phobia, school phobia, and various psychosomatic symptoms (Griffiths et al., 2012).

#### There is no scale in the literature that aims to identify the consequences of online gaming. Factors related to online game addiction and motivation to play in MMORPGs were investigated. The latent class analysis reveals the following seven motivational classes: novelty, very social and discovery oriented, aggressive, anti-social and inquisitive, very social, competitive, low intensity enjoyment, discovery oriented, and social class. They also report the following five classes of experiences related to game addiction: high risk for addiction, time addiction, medium risk for addiction, emotional control, and low risk for addiction.

#### Because online game addiction has been recognized as a mental disorder, the predictive factor that causes this disorder is not established. In hierarchical logistic regression analysis, individual factors such as gender and age, cognitive factors such as IQ and preservative errors, psychopathological conditions such as hyperactivity-attention disorder, depression, anxiety, and impulsivity, and social interaction factors such as family environment, social anxiety, and price self-inclusion in a gradual design. The findings show that all four factors are associated with online gaming addiction. Because psychological factors are the strongest risk factors for online gaming addiction, psychopathology is the strongest factor associated with the development of online gaming addiction in individuals.

#### Addiction to online games has an impact on the physical and psychological health of players. Social capital and shared play patterns seem to have significant health implications for participants who play online games. Online multiplayer games create new social platforms, with their own etiquette, rules of social behavior, and ways of expression. The effect of online games on children's behavior has been studied previously. As a rare finding on the online gaming side, they concluded that apart from the negative effects of playing violent games, violent stimuli have a positive effect on children's development, especially self-regulation and hard thinking.

#### **Assestive Behavior (Assertion)**

#### Someone who has this aspect tends to be called someone who is open to others, and has skills in conversation, dare to admit mistakes, and dare to invite other people to interact in all situations.

#### Assertive behavior is a skill that involves speaking and acting decisively while respecting others. Instead of passively giving up power or aggressively demanding it. This is the ability to express one's feelings and assert one's rights while respecting the feelings and rights of others. Assertive communication is direct, open, and honest, explaining one's needs to others. Assertive behavior comes naturally to some people, but it is a skill that can be learned. People who have mastered assertive skills can greatly reduce the level of interpersonal conflict in their lives, thereby reducing the main source of stress.

#### Assertive behavior is generally formed from open, direct and honest communication within an appropriate framework. Behaviorally, assertive behavior is carried out when a person is able to express his emotions freely, is able to maintain his goals or objectives in general and specific situations, and can build beneficial and satisfying interpersonal relationships. Assertive behavior as a social skill is a construction that has a number of different dimensions, including the ability to express oneself without anxiety or aggression in different situations. This is defined because it allows a person to act in his own best interests, to defend himself without undue anxiety, to express honest feelings comfortably and to exercise personal rights without denying the rights of others.

#### Assertive behavior encourages equality in human relationships, enables us to act in our own best interests, to defend ourselves without undue anxiety, to express honest feelings comfortably, to exercise personal rights without denying the rights of others. Assertive behavior is considered as a means of self-development and the achievement of maximum personal fulfillment and assertive skills in various fields of communication in relation to the increasing demands on individual social competence (Peneva and Mavrodiev, 2013). Assertive behavior is direct and appropriate communication of one's needs, desires, and opinions without punishing, threatening, degrading others, and doing this without fear during the process (Parray & Kumar, 2016).

#### Assertive behavior is an important social skill that promotes personal well-being. Most definitions of assertive behavior emphasize the direct expression of feelings, desires and thoughts in an interpersonal context. The definition of assertive behavior emphasizes individual rights. Alberti and Emmons (1990) state that "assertive behavior promotes equality in human relations, enables us to act in our own interests, to defend ourselves without undue anxiety, to express honest feelings comfortably, to exercise personal rights without denying the rights of others. Assertive behavior is a mode of behavior and personal communication characterized by a desire to defend one's needs and interests openly and directly. People who firmly defend things that are important to them while at the same time respecting things that are important to others (Zimmerman and Luecke, 2010). Assertive behavior has also been defined as a process of direct and precise communication of one's needs, desires and opinions without punishing or demeaning others. This can be used as an instrument to initiate and maintain socially supportive relationships and therefore enjoy better emotional well-being.

#### Assertive behavior as a social skill is a construction that has a number of different dimensions, including the ability to express oneself without anxiety or aggression in different situations. Assertive behavior is about effective communication and this does not only mean choosing the right words to say in certain situations.

#### **Game Online Addiction and Assestive Behavior (Assertion)**

#### Internet addiction can be defined as the use of pathological internet, namely as an inability of individuals to control internet use which ultimately causes psychological, social, school and or work difficulties in one's life. In addition, internet addiction has been linked to various problems. In addition, little sleep, lack of appetite for a long time and limited physical activity. This can also disrupt other aspects of the daily life of someone who has experienced social media addiction.

#### Internet addiction can be categorized into five specific types, cyber sexual addiction to adult chat rooms or cyber pornography, addiction to virtual relationships with online friends or affairs that replace real life situations, net incentives for online gambling, auctions, or obsessive trading, excessive information for web search or compulsive database search, and computer addiction to playing games or programming (Koc, 2010).

#### Assertive behavior plays a role in the emergence of online game addiction behavior in teens. If adolescents have good assertive behavior, adolescents will interact positively with others, by communicating what others feel honestly, and openly without harming others, but if teens have low assertiveness, they find it difficult to express their opinions in a way directly with other people. people, so adolescents who have less assertive nature prefer to express their feelings and emotions.

#### Therefore, it can cause new problems in the life of a teenager. Assertive behavior can be improved through assertiveness training in adolescents, in order to improve their communication skills as well, so that adolescents can socialize with people and can to solve problems by communicating correctly, honestly and openly without hurting others (Vatankhah et al. 2013).

#### We also found that online addiction is positively correlated with assertive behavior, which is consistent with previous research (Teng, Yujie, & Yanling, 2014). Students spend a lot of time playing online games, and often they gather together in a group to do it, which might lead to group polarization. In other words, individuals who respond strongly may have an even greater response when supported by a group than those who are not in a group or have no problems related to excessive online gaming. This may be one mechanism in the association of online addictions and games with assertive behavior.

CONCLUSION

#### Based on the calculation of the product moment correlation coefficient obtained. This shows that there is a positive relationship between the two variables. Based on the test results it can be concluded that there is a positive and significant relationship between online game addiction with assertive behavior. From the above calculations it can be seen that the hypothesis proposed by the researcher is accepted. The positive relationship shows that the higher the online game addiction, the assertive behavior in students will decrease.

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